

Town of Manchester, Connecticut

Please join us for another informative Lunch and Learn



“A Healthy Cooking Demonstration”

The warm weather is finally here and fresh produce is looking brighter and tasting sweeter, juicier and fresher! Lindsey Gomes, Retail Dietitian from ShopRite of Manchester, will be stopping by to show you two light and refreshing recipes great for the summer season! Learn how to add color to your plate this summer while packing in nutrient dense and delicious foods!

Please join us and note the new location:

Date:	Thursday, June 5, 2014
Place:	Lunch Room - 1st floor of Lincoln Center
Time:	12:00 noon to 1:00 p.m.

You can order a subway sandwich for \$3.00 or a salad (with turkey and veggies) for \$4.00. Both come with chips, cookie and a bottle of water. Or you can bring your lunch.

Please call Human Resources at x3126 by noon on Wednesday, June 4, 2014 to register.